



## Chicken Carrot Spaghetti Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>15</b>
<b>Serving Size</b>	<b>4</b>

### Ingredients:

- 2 Tbsp oil
- 1 Tbsp garlic, minced
- 3 Tbsp onion, red, chopped
- 90 g chicken, thigh fillet, diced
- 1/2 cup carrot, coarsely grated
- 1 pouch DEL MONTE Filipino Style Spaghetti Sauce (250g)
- 1/4 cup water
- 1/4 tsp salt
- 1 pack DEL MONTE Spaghetti (175g), cooked
- 1/4 cup cheese, grated

### Preparation:

1. Sauté garlic, onion, chicken, and carrots. Add DEL MONTE Filipino Style Spaghetti Sauce, water and salt to taste. Simmer for 5 minutes.
2. Pour sauce and mix with DEL MONTE Spaghetti. Top with grated cheese.

### Chef's Tip

Use the big-slotted grater when grating the carrots. The coarser shreds of carrots will add texture to the sauce.

### Lusog Notes

This Chicken Carrot Spaghetti dish is a smart way to make your kids eat vegetables! It is high in vitamin A that maintains eye and skin health and reinforces the immune system.

### Cooking Skills Needed

- Sautéing
- Simmering

### Cooking Tools

- Chopping Board
- Grater
- Measuring Cups
- Measuring Spoon
- Pot